

1. (Currently amended) A fastener, fixture and planar substrate combination comprising:

a fastener having ~~distal~~ proximal extremity and a radially projecting flat ~~proximal~~ distal extremity for engaging a substantially planar substrate, said ~~proximal~~ distal extremity at least partially covered by an adhesive;

a planar substrate; and

a fixture for securing said fastener to said substrate, said fixture having:

an outer support member including a securing means temporarily securing said outer support member to said substrate, said outer support member including a central bore;

an inner retainer releasably holding said fastener, said inner retainer telescopically moveable within said outer support's central bore with said outer support member movably supporting said inner retainer for movement between a first position wherein said fastener is out of substantial bearing engagement with said substrate and a second position wherein said fastener is in bearing engagement with said substrate;

biasing means for biasing said fastener toward said substrate when said inner retainer is moved to said second position; and

said inner retainer including a stop engaging said outer support member when said inner retainer is moved to said second position, said stop not engaging said outer support member when said inner retainer is in said first position but said stop restricting telescopic movement of said inner retainer relative to said outer support member by engaging said outer support member when said inner retainer is moved to said second position to prevent excessive force and movement by said fastener against the substrate to thereby prevent excess adhesive from seeping from between said fastener's flat distal extremity and said substrate.

2. (Previously presented) The fastener, fixture and planar substrate combination of claim 1 wherein:

said outer support member has a proximal extremity and a distal extremity for engaging a substrate;

said inner retainer includes a proximal extremity and a distal extremity for releasably holding the attachment; and

said stop radially projects outward from said inner retainer and includes a shoulder which engages said outer support member's proximal extremity when said inner retainer is moved to said second position.

3. (Previously presented) The fastener, fixture and planar substrate combination of claim 2 wherein said fixture is a one-piece construction.

4. (Previously presented) The fastener, fixture and planar substrate combination of claim 3 wherein said outer support member is connected to said inner retainer by a plurality of flexible spokes.

5. (Previously presented) The fastener, fixture and planar substrate combination of claim 2 wherein said fixture is a two-piece construction

6. (Previously presented) The fastener, fixture and planar substrate combination of claim 1 wherein said biasing means includes an outer beveled edge which projects radially inward from said outer support member and an inner beveled edge which projects outward from said inner retainer, the engagement of said beveled edges locking said inner retainer in said second position..

7. (Previously presented) The fastener, fixture and planar substrate combination of claim 2 wherein said securing means includes an adhesive tape adhered to said outer support member.

8. (Currently amended) A method of affixing a fastener to a substrate comprising the steps of:

providing a substantially planar substrate, a fastener having ~~distal~~ proximal extremity and a radially projecting flat ~~proximal~~ distal extremity which is at least partially covered by an adhesive, and a fixture for securing the fastener to the substrate;

the fixture having an outer support member including a central bore and a securing means for temporarily securing the outer support member to the substrate, the fixture further having an inner retainer releasably holding the fastener which is telescopically moveable within the outer support's central bore with the outer support member movably supporting the inner retainer for movement of the inner retainer between a first position and a second position, the fixture further having a biasing means for biasing the fastener when the inner retainer is moved to the second position; and the inner retainer including a stop engaging the outer support member when the inner retainer is moved to the second position, and the stop not engaging the outer support member when the inner retainer is in the first position;

positioning the fastener's securing means against a substrate with the inner retainer positioned in the first position with the fastener's ~~proximal~~ distal extremity not engaging the substrate;

manually forcing the inner retainer into the second position with the fastener's ~~proximal~~ distal extremity and adhesive engaging the substrate and the stop restricting telescopic movement of the inner retainer relative to the outer support member by engaging the outer support member when the inner retainer is moved to the second position to prevent excessive force and movement by the fastener against the substrate to thereby prevent excess adhesive from seeping from between the fastener's flat ~~proximal~~ distal extremity and the substrate; and

disengaging the fixture from the fastener and substrate.

9. (Previously presented) The method of affixing a fastener to a substrate of claim 8 wherein:

said outer support member has a proximal extremity and a distal extremity for engaging a substrate;

said inner retainer includes a proximal extremity and a distal extremity for releasably holding the fixture; and

said stop radially projects outward from said inner retainer and includes a shoulder which engages said outer support member's proximal extremity when said inner retainer is moved to said second position.

10. (Previously presented) The method of affixing a fastener to a substrate of claim 9 wherein said fixture is a one-piece construction.

11. (Previously presented) The method of affixing a fastener to a substrate of claim 10 wherein said outer support member is connected to said inner retainer by a plurality of flexible spokes.

12. (Previously presented) The method of affixing a fastener to a substrate of claim 9 wherein said fixture is a two-piece construction

13. (Previously presented) The method of affixing a fastener to a substrate of claim 8 wherein said biasing means includes an outer beveled edge which projects radially inward from said outer support member and an inner beveled edge which projects outward from said inner retainer, the engagement of said beveled edges locking said inner retainer in said second position..

14. (Previously presented) The method of affixing a fastener to a substrate of claim 9 wherein said securing means includes an adhesive tape adhered to said outer support member.